

Today is your delivery appointment for your new aligners. I hope you are excited with this new journey we are about to embark on. At today's appointment I will place small tooth-colored attachments on the side of a few teeth. These attachments are not visible to the naked eye and act as "grippers" to help with tooth movement. I also might be "slenderizing" a few teeth to help create some space.

Below are the guidelines for your Invisalign process:

- You are going to wear each set of aligners for 14 days
- Each aligner should be worn 22 hours a day
- The only time the aligners should be out is when you are eating, drinking, brushing and flossing
- The only time you do not have to remove the aligners is when consuming water
- Before placing your aligner in your mouth please be sure to brush and floss your teeth after every meal.
- We have also given you some cleaning crystals for your aligner to be used as directed on the package
- On the bottom of each aligner there is a number, which will help you to keep track of the aligner you are presently in.
 - U-01: Upper arch aligner #1
 - L-01: Lower arch aligner #1
- You have two containers; one is blue which we like to call the ALIVE (active) to use while you are eating so the aligner will not be lost. Please do not put the aligner in a napkin. More often you or someone else will throw it away. Also we tell all our patients this blue/ALIVE/active container should always be empty as the aligner is should be in your mouth.
- The second container is red, which we refer to as DEAD (not active), meaning the aligners that are completed are stored in this container. I would keep at least three pairs stored. Since all "DEAD" aligners will not fit in this container, please store them in a Ziploc bag.
- There is a pamphlet inside your container box that will answer any other questions you may have

Please feel free to contact us.

Congratulations, you are on your way to a beautiful new smile!